

What is claimed is:

1. An air cushion shoe for indoor exercise having an upper and a sole, said air cushion shoe comprising:

5 a group of air chambers protrudedly exposed on the bottom surface of said sole, said group of air chambers comprising a single air chamber located on the heel portion of said sole and divided into a first single air chamber and a second single air chamber by means of a partition and plural kinds of communicating
10 air chambers located on the whole portion except said heel portion of said sole, wherein said single air chamber is separated from said plural kinds of communicating air chambers.

2. The air cushion shoe according to claim 1, wherein said plural kinds of communicating air chambers are arranged in the
15 order of large-sized ones, middle-sized ones, small-sized ones, and very smaller-sized ones from the back section to the front section thereof except said heel portion of said sole, said plural kinds of communicating air chambers spaced at appropriate intervals in every direction and having respective communicating
20 holes through which said plural kinds of communicating air chamber communicate with one another in a radical direction, each of said plural kinds of communicating air chambers provided with a concave/convex part on the bottom surface thereof.

3. The air cushion shoe according to claim 2, wherein said concave/convex part is formed by molding the same material as said sole as an integral body with said sole or by compression molding rubber different from said sole.

5 4. The air cushion shoe according to claim 1, wherein said plural kinds of communicating air chambers and said communicating holes are protruded to a predetermined height from the bottom surface of said sole of said shoe, wherein said plural kinds of communicating air chambers are formed higher than said
10 communicating holes connected in the radical direction, such that there is an air ventilation part between the adjacent communicating air chambers.

5. The air cushion shoe according to claim 2, wherein said plural kinds of communicating air chambers and said communicating
15 holes are protruded to a predetermined height from the bottom surface of said sole of said shoe, wherein said plural kinds of communicating air chambers are formed higher than said communicating holes connected in the radical direction, such that
there is an air ventilation part between the adjacent
20 communicating air chambers.